

We claim:

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1. A method for providing oral rehydration therapy comprising administering to a human in need thereof an aqueous solution containing:
 - a. from about 30 mEq to about 95 mEq of sodium per liter;
 - b. from about 10 mEq to about 30 mEq of potassium per liter;
 - c. from about 0.3 mEq to about 95 mEq of zinc per liter;
 - d. from about 10 mEq to about 40 mEq of citrate per liter, and;
 - e. less than about 3.0 wt./wt.% of one carbohydrate.
 2. The method according to claim 1 in which said aqueous solution contains chloride.
 3. The method according to claim 1 in which said carbohydrate is a mixture of dextrose and fructose.
 4. The method according to claim 1 wherein said said carbohydrate is present in a quantity of less than about 2.5 wt/wt%.
 5. The method according to claim 1 in which said sodium is present in the quantity of about 30mEq/L to about 70 mEq/L.
 6. The method according to claim 1 wherein said sodium is selected from the group consisting of sodium chloride, sodium citrate, sodium bicarbonate, sodium carbonate, sodium hydroxide and mixtures thereof.
 7. The method according to claim 1 in which said potassium is present in the quantity of about 10 mEq/L to about 30 mEq/L.
 8. The method according to claim 1 wherein said potassium is selected from the group consisting of potassium citrate, potassium chloride, potassium bicarbonate, potassium carbonate, potassium hydroxide and mixtures thereof.
 9. The method according to claim 1 in which said zinc is present in the quantity of from about 0.6 mEq/L to about 5 mEq/L.

10. The method according to claim 1 in which said zinc is present in the quantity of from about 0.6 mEq/L to about 1.2 mEq/L.
11. The method according to claim 1 in which said zinc is selected from the group consisting of zinc gluconate, zinc sulfonate, zinc chloride, zinc acetate, zinc sulfate, zinc citrate, zinc carbonate, zinc hydroxide, zinc lactate, zinc acetate, zinc fluoride, and zinc bromide, zinc sulfonate.
12. The method according to claim 1 in which said chloride is present in the quantity of from about 30 mEq/L to about 80 mEq/L.
13. The method according to claim 1 in which said chloride is selected from the group consisting of potassium chloride, sodium chloride, and zinc chloride.
14. The method according to claim 1 in which said citrate is present in the quantity of from about 20 mEq/L to about 40 mEq/L.
15. The method according to claim 1 in which said citrate is selected from the group consisting of potassium citrate, sodium citrate, and citric acid.
16. An oral rehydration solution (ORS) comprising :
- a. from about 30 mEq to about 95 mEq of sodium per liter;
 - b. from about 10 mEq to about 30 mEq of potassium per liter;
 - c. from about 0.3 mEq to about 95 mEq of zinc per liter;
 - d. from about 10 mEq to about 40 mEq of citrate per liter;
 - e. less than about 3.0 wt./wt.% of one carbohydrate, and;
 - f. water.
17. The ORS according to claim 16 which contains at least one gelling agent selected from the group consisting of agar, alginic acid and salts, gum arabic, gum acacia, gum talha, cellulose derivatives, curdlan, fermentation gums, furcellaran, gelatin, gellan gum, gum ghatti, guar gum, iota carrageenan, irish moss, kappa carrageenan, konjac flour, gum karaya, lambda carrageenan, larch gum/arabinogalactan, locust bean gum, pectin, tamarind seed gum, tara gum, gum tragacanth, native and modified starch, xanthan gum, in a quantity sufficient to support a self supporting three dimensional structure.

18. The ORS according to claim 16 which further contains rice flour.
19. The ORS according to claim 16 which further contains an indigestible oilogsaeccharide.
20. An article of manufacture comprising the ORS of claim 16 packaged in a unit dose container.
21. An article of manufacture comprising the ORS of claim 16 packaged in a unit dose container which provides instructions to optionally freeze the contents of said article prior to consumption said article bears a label stating that the article should be frozen prior to consumption.
22. The article according to claim 21 in which said article bears a label stating that the article should be frozen prior to consumption.